

1. A method of forming a grating or tap in the core of an optical fiber,  
2 comprising the steps of:  
directing interfering beams of light at the core region of the fiber;  
4 providing an optical detector to reveal a fluorescence pattern emanating from the core  
region; and  
6 determining whether the interfering beams are precisely aligned at the core region by  
observing the fluorescence pattern.
2. The method of claim 1, wherein:  
2 the optical detector is fluorescing paper or a conversion screen; and  
the fluorescence pattern is in the form of one or more lines visible on the fluorescing  
4 paper or conversion screen.
3. The method of claim 2, wherein the lines visible on the fluorescing paper or  
2 conversion screen are C-shaped.
4. The method of claim 2, including:  
2 a plurality of lines visible on the fluorescing paper or conversion screen; and  
precise alignment is achieved when two of the lines are generally symmetrical.
5. The method of claim 2, including:  
2 a plurality of lines visible on the fluorescing paper or conversion screen; and  
alignment is off when two of the lines have different shapes.
6. The method of claim 1, wherein the interfering beams of light are ultraviolet.
7. The method of claim 1, further including the steps of alternately interrupting  
2 the interfering beams of light at the core region of the fiber.

ERIM-46503/03  
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2        8.        The method of claim 1, further including the steps of alternately interrupting  
the interfering beams of light at the core region of the fiber.

2        9.        The method of claim 8, wherein the fluorescence pattern is in the form of a  
blinking pattern.

2        10.       The method of claim 9, wherein the alignment is off when blinking pattern  
results in a spot that appears to move from side to side.

2        11.       The method of claim 9, further including the use of an oscilloscope to observe  
the blinking pattern.